

BRIDGES

WEDNESDAY, FEBRUARY 18, 2015

READ MY BOOK:
Saskatoon Girls a
coming-of-age tale of
rebellion P. 2

ON THE SCENE:
Our best shots from
the I Love Rock 'n'
Roll Dance P. 10

FASHION:
An outerwear skirt to
keep the winter chills
away P. 14

A STARPHOENIX COMMUNITY NEWSPAPER

ONE FOR THE AGES

AT 81, TED ROWAN
HAS SET 15 RECORDS
IN TRACK AND FIELD P. 4

FREE



READ MY BOOK

LOCAL AUTHORS: Writers tell us what makes their book worth reading

BY MICHAEL CUTHBERTSON

A rock 'n' roll coming-of-age story

Three years ago after some failed no money with a few girls in dormitories, I ventured into the wilderness of Nelson, BC to live orbitat reduce and try straightening some things out in my mind. Upon returning home from this stint of homelessness, I went back to a rather familiar life in Seaside town, working minimum wage jobs, longing for status and indulging in drugs and alcohol.

Shortly after this period of my life, I realized all the drama that happened to me in recent months amounted to what I had, in my mind, like a very raw and gripping outline of my story that I had not seen anything quite like before. So I spent the next three years writing and self-publishing my debut novel, *Saskatoon Girls*, a fictional ob-



ry inspired by my own misadventures in young adulthood.

Saskatoon Girls begins when Jake Peterson, a 31-year-old student and university student, who is looking out at his parents because he is missing out. He finds himself constantly thrown into the world of paychecks and money, aging romantic relationships that are far too adult for his idealistic young mind to properly deal with.

The novel, along with my own life at age 30, was deeply influenced by the strongly anti-establishment sentiments of American literary figures like Charles McCarren (the subject of *Into the Wild* and *Jack Kerouac*, as well as Charles Bukowski, Billie Holiday, and more specifically, Jimi Hendrix), at the heart of *Saskatoon*

Girls with the city's isolated geographic vision and economy and sometimes strongly conservative small town playing central roles in the novel.

My novel is a tale of rebellion from mainstream society, and is a story that I hope other happen, punks and non-conformists of all ages will find interesting and relatable. More broadly, it is a story that details the typical thoughts of a very young adult, adolescent, judgemental and idealistic, and that is something which I suspect most readers will find great pleasure in reading.

Saskatoon Girls can be purchased at McNally Robinson or Saskatoon and online at www.themepress.com. The novel is also available for Kindle.

Screen Time or Mean Time

Understanding Teen Sexuality and the Influence of the Digital Age

Join health educator Deb Levine, founder of YTH - Youth + Tech + Health, at this free session to learn how to find the most age-appropriate, medically accurate sexual and reproductive health resources for your teen. Get tips on how to protect and guide your adolescents through the virtual (and real) turbulence as they grow to become sexually healthy and responsible young adults.

Saskatoon: February 24, 2015

7:00 p.m. - 8:00 p.m.

Cliff Wright Library Auditorium
1635 McKenzie Drive

For more information call 306-651-4300
or email info@skprevention.ca.

saskatchewan
preventioninstitute
our goal is healthy children

FREE
Public
Presentation



You're my INSPIRATION



NOMINATE A WOMAN OF DISTINCTION

For the 2015 YWCA Women of Distinction Awards® proudly presented by PotashCorp

Nomination deadline: **March 15, 2015**

Awards dinner: **May 28, 2015**, TCU Place

Early bird tickets go on sale on Plastic starting **February 2**

Arts, Culture and Heritage Award

Athletics Award

Community Building Award

Education Award

Entrepreneurship Award

Health and Wellness Award

Leadership and Professions Award

Research and Technology Award

U20 Award (young women)

Lifetime Achievement Award

All proceeds from Saskatoon's Women of Distinction

Awards® dinner are designated to essential programs at

YWCA Saskatoon, making a difference for thousands of women and girls.

YOUNG WOMEN
OF DISTINCTION AWARDS
YWCA

To make a nomination, visit www.ywcaassault.com
Or contact YWCA Saskatoon at 306-244-7300 ext 322

INDEX

FASHION PG. 14



A fashionista hat and outerwear vendor skirt Keto-Patio Chats event. BRIDGES PHOTO BY MICHELLE BERG

TABLE OF CONTENTS

READ MY BOOK — 2

Saxophonist Garcia earning off-age title of rebbetzin

ON THE COVER — 4

Red Rowan & 10 others set to records in track and field

IN THE CITY — 5

An evening in time: Photographer Nachella Berg's shot that defines the week

ON THE SCORE — 10

Our last show from the 11th Rock 'n' Roll Cancer Fundraiser for Girls Rock Demo Sessions

RECIPES — 12

ASK ELLEN — 13

FASHION — 14

A pretty outerwear skirt keeps the winter chills away

CROSSWORD PUZZLES — 15

EVENTS — 16

What you need to know to plan your events
Send listings to events@star.ca

OUTSIDE THE LINES — 20

A weekly colouring creation for kids of all ages by artist Stephanie McElroy

GARDENING — 21

The hidden splendours of the white garden

SHAMPOO BARS — 22

Regina Food Bank distributes products to all of Saskatchewan

WINE WORLD — 23

Drop today with a glass of Recyclers

ON THE COVER P. 4



A former boxer, Red Rowan, 40, doesn't compete in track and field anymore, but has since set a new record of Canadian records. BRIDGES PHOTO BY MICHELLE BERG

BRIDGES COVER PHOTO BY MICHELLE BERG

Bridges published by The Star Phoenix – a division of Postmedia Network Inc. – at 204 10th Avenue North, Saskatoon, Sask., S7K 2P9. Heather Parsons editor. Jennifer Sharp is associate editor. For advertising inquiries contact 306.657.0340; editorial 306.657.6307. Home delivery 306.657.6320. Hours of operation are Monday to Friday 8:30 a.m. to 4:30 p.m.

The contents of this publication are protected by copyright and may be used only for personal, non-commercial purposes. All other rights are reserved and commercial use is prohibited. To make any use of this material you must first obtain the permission of the owner of the copyright. For more information contact the editor at 306.657.6322.

ON THE COVER

Those days, among kids, there was honour. —

Ted Rowan

MASTERS ATHLETICS

At 81, still on the fast track



Ted Rowan practicing long jump at the HeatHouse in Saskatoon, preparing for competition. He took up track and field at 70 and has since set 15 records. BRIDES PHOTO BY MICHELLE REED

By Sean Trembath

The day he turned 56, Ted Rowan took up track and field.

It was July 23, 2003. Rowan had heard about masters athletics and thought he might be interested.

He didn't go very well.

"I went out in the park and measured out 300 metres. I ran as fast as I could and immediately pulled a quad muscle. I was on the shelf about three weeks," he remembers, laughing.

Decades ago, Rowan was a successful amateur boxer. Now 81, he has no plans to slow down. He manages his year around competitions, with trips to Wanigan, St. Catharines and Lyon, France on the agenda.

In Saskatchewan, most, if not all, have started younger. But Rowan loves running and the numbers are full of others like him who don't set their year of birth define their activity level.

"I feel very comfortable at the national and international competitions full of youths my own age," he says.

Rowan grew up in Carrigan, Saskatchewan, just east of Pasqua Plain. It had a population of 30 in the 2010 census, one of the small towns the

hooked out of the bush by prospectors. The Rowans' father, a veteran of the First World War,

had had to attend boarding high school in Carrigan.

"It was a good deal," he says, "there were more girls than boys."

Rowan says he wasn't ready to stop, but some things werefigured out with facts.

"You grew up in a country school, sometimes you went before the barn or something like that," he says.

"Those days, among kids, there was honour. You drew a line in the ground and you stood until the guy got to hold on."

In Carrigan, he met Bert Dill, a provincial light heavyweight boxing champion. Dill took Rowan under his wing. They would train in heavy bags, pounding bags of oats. Rowan says Dill was a father figure to him.

Boxing was a bigger deal back then Rowan says. They would travel to Regina or Weyburn or Melfort and fight locals on a raised ring surrounded by spectators.

I feel very comfortable at the national and international competitions full of yahoos my own age.
—Rowan



A framed photo of former boxer champ Ted Rowan when he was 19 is on the wall in his basement, which also houses trophies, mementos and certificates for the records he's broken. **RONALD BRIDGES PHOTO BY MICHELLE REED**

Rowan was always a small guy. He fought at 125 pounds but weighed around 135. He would often have to face men who were bigger because that's all there were. He would play it slow for the first few rounds waiting for a signal. But, acting as Rowan's corner, would shout the ground and Rowan would explode as his opponent with a flurry of fast

blows from ages 14 to 20. He says he had "about 20" fights. He knows for sure he only lost once. By 20, Rowan was living in Saskatoon, studying at the University of Saskatchewan to be an engineer. Getting invited to try out for the Canadian Olympic team headed to the 1960 games in Australia was a turning point. Rowan wanted to compete, but had to think about the

other things in his life.

"I was already working and starting to death, and thinking about getting married, so at that time I packed it in," he says. From then on, he focused on his career and his family. As his children and grandchildren grew, he helped out with their leading sports careers, driving them to practice and helping them train

it wasn't until decades later that he found himself in the starting block.

It was going to begin with Rowan after the initial qualifying experience in the park, he was training/coaching for his hobby. When the time came to start competing he was nervous. Twice he signed up for events and pulled out at the last minute.

Finally he made his way to Edmonton for a meet. His was to compete in the 60 and 80-metre dashes. He was very wiped up and warmed up too intensely, he says, but his first race was a success. He ran well in his first 60, qualifying for the final the next day. The preliminary was the race that took it out of him.

Continued on page 6

To watch him compete is a show in itself. I think a bomb could drop behind him and he wouldn't know it was there.

— Margaret Tush



Ted Stevens, shown here in his new studio sports hall of fame basement, is a passionate competitor who avidly remembers the losses despite his frequent success. **Inset photo:** By Michael Wong

"We got back to the hotel that night and I couldn't sleep. I told my wife we were going home," he says.

After that, I started being reason able in how I approached it."

Rosen's basement is like a miniaturized sports hall of fame. Every wall is covered in framed pictures, posters and certificates commemorating his accomplishments and those of his family and sports heroes.

He names three: the honoure Body Marinaro, legendary for his toughness, the hockey player Matt Benney who showed a 90-second 600-metre run on the high-jump, and Bob Adams, the small

team track athlete who represented Canada in the Olympics and whose name is synonymous with the sport in the province.

The space is also Stevens' personal gym. There's a treadmill and a stationary bike in the corner. The walls of the room, with two rectangular spaces attached like an L, provide the perfect spot for Stevens to practice his high jumping. He sets a mat up and lies on the floor face on the walls looking down.

He does a lot of training on his own. In the past decade, he has learned to adjust techniques to fit the realities of an 80-year-old body. He isn't fast as far back as a young high-jumper for instance.

What he does have is speed. "I think I had one gift, besides being shaped," he jokes. "I didn't last my quadriplegia. It was ridiculous."

He attributes it to his smaller frame. Big guys often carry around more weight through their middle. "If I was carrying as a 20 or 30-year old, I would have been at the bottom of the pack. But as years go on, the good guys are running down, and I'm more on a straight line," he says, raising his hands to demonstrate his setting lines on a graph.

Robert Delbosse is a friend and business partner of Stevens'. They often go together to the meets. Stevens' speed was the first thing Delbosse noticed.

"I'm 11 or 12 years older than him, and he's faster than me in the short stuff," Delbosse says.

Stevens' upper body strength is also good, keeping him competitive in the throwing events. He credits the many hours spent pushing out bags as a youth.

Perhaps as important as his body is his competitive passion. Stevens' remembers his losses vividly. As he ran through his career accomplishments there's a sense of frustration at the ones that got away, despite his massive successes.

"I'm hard on myself," he says.

He uses the Internet to track other masters athletes. He knows who he might face at worlds in Lyon, what

countries they are from and which events they excel at.

Stevens' competitive spirit shines itself in how he competes.

"I believe it probably the best word," says Margaret Tush another record-holding masters athlete from Saskatoon.

"To watch him compete is a show in itself. I think a bomb could drop behind him and he wouldn't know it was there. He's so into what he's doing," she says.

Tush says Stevens' achievements amaze her.

"I don't know how he gets the energy to do what he does, to do 16 events," she says.

Continued on Page 8

I found I had one gift, besides being stupid. I hadn't lost my quickness. It was ridiculous.

—Rowan



Red Rowan's basement walls are covered in photos, postures, medals and certificates commemorating his battles with cancer and signifying all the records he has broken. (AP Photo/The StarPhoenix, Michelle Bernier)



PRE-SPRING SALE FOR HAPPY CAMPERS!!!

RV SITE PRICES HAVE BEEN
**REDUCED BY
\$10,000**

NOW STARTING AT
\$19,900

*This FANTASTIC OFFER
is the best time for
you to get the
BEST VALUE EVER!*

We have
SLASHED
our pricing to get
you into your own
RV SITE!

VISIT US at the Sports and
Leisure Show March 5-8!

BART ZIMMER
306-321-4901

GARY JAKEMAN
306-220-4993
**RE/MAX
SASKATOON**

www.wakawdeepwoodsrvcampground.ca

Deep Woods
SASKATOON RV PARK

THIS AD WILL BE SEEN BY MORE THAN 90,000 PEOPLE. IF JUST 50 OF THEM DONATED BLOOD, 1 CAR ACCIDENT VICTIM COULD BE SAVED.

Saskatoon Blood Donor Clinic
325 - 20th Street, East
(Corner of 4th Avenue & 20th Street)

Monday	4 pm - 8 pm	Thursday	9 am - 8 pm
Tuesday	8 am - 2 pm	Friday	8 am - Noon
Wednesday	8 am - Noon	Saturday	9 am - 1 pm

To book an appointment:

online: www.blood.ca
phone: 1 888 2 DONATE (1-888-236-6283)

Proudly Sponsored By
The StarPhoenix



Canadian Blood Services
it's in you to give

1 888 2 DONATE

50

% off
Select Hearing Aids

Prices Starting
at \$395!

Limited Time
Offer

Premisim
Technology
Included!!!

Risk Free - 100% Money Back Guarantee



Wall St. Medical Building
235-140 Wall Street
306 665 3443

Mall at Lawson Heights
44-134 Primrose Dr
306 382 5733



To learn more about hearing,
hearing loss and tinnitus, visit
www.expertheearingsolutions.com

 Expert Hearing

I'm 11 or 12 years older than him, and he's faster
than me in the short stuff.

— Roland Delhommeau



The local athletic community calls him 'the fast老人'. (Courtesy photo)

"I have seen him run the 100m several at the end of the decathlon, and you just think he's going to lay down and die, but he keeps going," says his coach.

Despite his intensity on meet day, Bryan's demeanor off the track is very different. Delhommeau describes him as "low key."

Yah actually competed for Canada in the Glycogen that Delhommeau had to decline the invitation for, something they like to talk about, she says.

She, her husband and everyone else around the competitions have a very high opinion of Bryan, both for his accomplishments and personality.

"He is a delight to everybody. We all just think the world of him."

alexandra@thisisphoenix.com
www.expertheearingsolutions.com

IN THE CITY

FEBRUARY 12, 2015 - 12:47 P.M.

Gung Hay Fat Choy



Nine-year-old Linda Wang performs a Chinese lion dance at the Heritage Chinese Language School (www.hcls.org) Chinese New Year celebration. (Evan Hardy/Los Angeles Daily News)

ON THE SCENE

#ILOVETRANS

Kids as young as three and down and housed at the I Love Rock 'n' Roll Dances on Feb. 12 at the Masonic Hall. The Valentine's Day themed event featured music by DJ Charly Hustle, along with pizza, pretzels, poppers and a free photo booth. The dances, attended by 175 people, raised over \$600 for Girls Rock Camp Salt Lake, a volunteer-based organization. The camp is a week-long summer program where girls learn an instrument, form a band and write a song to be performed at a showcase at the end of the week. Campers also take workshops that encourage creativity and confidence-building, like songwriting, image and identity and self-defense.

Application details for the 2016 camp will be posted at www.girlsrocksaltlake.org.

BRIDGES PHOTOS BY MICHELLE BERN

- 1. Jude Schrock
- 2. Ben and Tharrise Lamorte
- 3. Kristine Tasserson and her son Sevren
- 4. Life York dances to DJ Charly Hustle's records
- 5. Diana, Avery, Mini Penn, Bob Penn, Abigail Remey-Loss, Halli Jordan Remey and Cooper Hall
- 6. Sylvie Marquis
- 7. Abby and Heidi Stokkevaag
- 8. Cindy Jude (Gloria) and Denise Schrock



OTS



6. Ellie
Hynchayen

10. Cass
Rendell,
Madison Willow
Kacy Sane and
Tessa Winkewie

11. Aaron Sinclair
Roisin Sinclair and
Mila Matanovich

12. Lindsey
Adams and Alison
Whalen



GOVERNMENT OF SASKATCHEWAN PROCLAIMS APPROVED PRIVATE SERVICE HOME WEEK FEBRUARY 15-21, 2015

"Approved Home Providers and their families provide supported accommodations for residents with cognitive, mental health or physical disabilities. Setting the dates for Approved Private Service Home Week around Family Day reinforces that home providers and their family members care for their residents enabling them to reside in home-like settings in communities as long as they are able."

The support Saskatchewan Approved Private Homes Inc. (SAPH) provides to both individual home providers and to government in meeting the needs of vulnerable Saskatchewan citizens is deeply appreciated. We are happy to recognize the work of SAPH and Approved Home Providers across the province through this proclamation."

Sincerely,

Dustin Duncan,
Minister of Health

Donna Harpauer,
Minister of Social Services

"Saskatchewan Approved Private Homes Inc. is honoured that the government of Saskatchewan is celebrating the contribution Approved Private Service Home providers and their families have made in the lives of many of Saskatchewan's most vulnerable citizens. SAPH Inc. thanks all of our families, neighbours, the government and our community partners for working together to provide high quality, affordable supported accommodation to those in need. Including all of the residents of our province as valuable, contributing citizens builds healthier, stronger communities for all," says Iris Miller Dennis, Executive Director SAPH Inc.



*"Providing Family Homes for People
with disAbilities"*

RECIPES

SALMON AND GREENS

A potent pick-me-up meal for winter

This nutritious meal could be just the thing to help lift you out of the winter doldrums. It is fuel-giving food on multiple levels.

First, you'll be comforted by how easy and fast it is to prepare, taking roughly a half-hour to get on the table. Second, the taste of the richly satisfying salmon and hearty greens baked in an aromatically spiced tomato sauce will perk you up with one forkful. Third, once you have enjoyed your meal, this dish could continue to uplift you internally because the ingredients in it are top sources of several mood-boosting nutrients.

Salmon ranks high on the list of nutrient-dense foods. A single fillet, think the health benefits. It has vitamins D and protein. Kale also has omega-3s as well as many B vitamins that are linked with mood.

So why not give it a wonderful taste, but you can also take pleasure in knowing it's serving you in more ways than one?

Baked Salmon and Kale In Moroccan-Spiced Tomato Sauce

4 servings

Make ahead. The components can be assembled and refrigerated, tightly covered with aluminum foil, up to one day in advance. To bake straight from the refrigerator, add five to 10 minutes to the oven time.

INGREDIENTS:

1 (4-oz) salmon fillet
4 salmon garnish, no-salt-added dried tomatoes with their juice
1/4 cup no-salt-added marinara sauce

1 tsp ground cumin
1/4 tsp leather salt
1/2 tsp freshly ground black pepper
1/2 tsp ground ginger
1/2 tsp ground coriander
1/2 tsp ground cinnamon
2/3 tsp crushed red pepper flakes
1 bunch kale, roughly coarse stems removed and discarded; leaves chopped (about 2 cups)



Baked Salmon and Kale in Moroccan-Spiced Tomato Sauce is easy to make, tasty and packed with mood-boosting nutrients. Photo: Brian Cassey/IN THE KITCHEN FOR PHOENIX

4 oz bone-out salmon fillets
2 tsps

METHOD:
Preheat oven to 350°F (175°C). Heat a 9-by-13-in. (23-by-33-cm) baking dish at 1 hour.

Heat oil. Heat the oil in a large skillet over medium-low heat.

Add ingredients. Stir in the garlic. Cook for about 1 minute, until it

has softened, then add the dried tomatoes with their juice, the tomato sauce, cumin, 1/2 tsp of the salt, 1/4 tsp of the pepper, the ginger, coriander, cinnamon and crushed red pepper flakes.

Increase heat. Increase the heat to medium-high. Once the mixture comes in a boil, reduce the heat to medium-low and cook for about 10 minutes, stirring occasionally, to form a slightly thickened sauce.

Place fish. Arrange the fish evenly in the baking dish.

Season fish. Season the fish fillets with the remaining 1/4 tsp each of salt and pepper and place at top of the kale.

Sauce. Pour the sauce over the salmon, and the kale that is not covered by the fish. Cover tightly with aluminum foil.

Bake. Bake for about 12 minutes until the fish is easily cooked through and the kale has wilted. Uncover and bake for 5 minutes.

Serve. Place a fillet on each plate; spoon about 1 cup of sauce and about one-quarter of the kale alongside. Serve right away.

—Erica Riegel, The Washington Post

ASK ELLIE

Let your ex-husband know if he hurts your daughter

Q: My ex-husband's re-married and his wife doesn't like our daughter much. She stays silent when they're all together, and doesn't join them when he takes our daughter to eat.

He's not visiting our child or respects us either.

I've heard from mutual friends that she's trying to get pregnant. I fear she'd push my daughter right out of their life if she were successful.

Can we excuse re-hab a father-daughter relationship?

Ruth Come First

A: Unfortunately, it is not likely that she'll let her husband take direction from you.

But he should be made aware of how he's obstructing an advancing his daughter. Let him know if she's heart or interests have seen time to pull her up so he can then talk to her on his behalf.

Don't assume what may happen if he has another child — or if you'll have gone too far and lose the chance to help your daughter.

Keep in simple the losses has and

needs his interest to her. It's crucial to her grow up with confidence in herself and in her relationships with adults.

Q: I'd like to improve my relationship with my mother. I've known **M.** on a good relationship, but she's worried that I'm with the wrong man, and if I don't leave on still get to be for me to have a friendly with someone new.

I'm happy with that guy and I'm not in a place about my biological clock.

I asked her to back off and she was devastated. Now she waits for me to call her because she "can't trust that I'll be honest" if she gets me in bad need.

Mommy Dearest **A:** You can't keep your mother from worrying about you, but you CAN change your reaction. Mothers worry, accept that.

You also can't change her long held beliefs — e.g. the need for your starting a family soon — but you CAN change your response.

Try: "Thanks Mom, I know you

want well, I'll talk to my doctor about that."

You may not change her perceptions, but sometimes mothers do have greater experience and wisdom.

Ask her specifically what worries her about that man. Say you'll look at her about that man.

Send her a letter explaining your biological clock.

Talk to her to back off and she was devastated. Now she waits for me to call her because she "can't trust that I'll be honest" if she gets me in bad need.

Q: I have more closely. Measles.

If you still love and trust her, reassess her about why and change the topic.

Q: My wife and I are in the process of divorcing. It's strongly affected our son, age 2½, who's acting out and angry at all the time.

I know the marriage is gone but we

need to be able to have a relationship for joint custody parenting.

But she won't go to counseling with me because she thinks I want it to get the marriage going again.

Stalled

A: Your son's the issue, so the counseling that you need is with a specialist, e.g., children's issues around family breakup.

Once you focus on your son's needs — soon — she'll see that the court's necessary to help him with his school and socializing, as well as with you two.

You'll both learn that his anger and acting out are fairly normal in the circumstances, and that your "joint" parenting job is to help him manage his emotions and not control where (if I get him into one trouble).

When you talk about the two of you having counseling you raise her suspicion that it's about re-mating.

In this case, it's not. And you, also, need to truly accept that.

Q: My best friend's huge attention

asked: What's he to be with an her own and has a good heart. If you're not in love with her, then she's for you.

But eat in public, she takes over every noise. She talks incessantly about she knows everything being discussed (even makes things up), and doesn't give anyone else a chance in the same context. After being out with her, I sometimes never want to see her again!

Enough

A: Weigh the options... if you drop him, will you lose someone who's most caring about you? Or is he in her attention-seeking tendencies?

Cut down on going out with friends together, but stay in touch through email and phone calls.

Since she supports you, that deserves some support back. Find a private time to tell her — but after eating together — that she does not add to the joie of eating one meal.

The added message from getting together less should help her set the limit.

Ask Ellie



that side of town more closely. Measles.

If you still love and trust her, reassess her about why and change the topic.

Q: My wife and I are in the process of divorcing. It's strongly affected our son, age 2½, who's acting out and angry at all the time.

I know the marriage is gone but we

Nuts About Nature At Beaver Creek Conservation Area

Hi there! My name's Chip, and I live at Beaver Creek Conservation Area. Visit my backyard with your family and friends and enjoy some time away from the city.

Dear Chip,
What do honeybees do during the winter? I hope they don't all freeze!
More...

Dear Marc,
I am happy to report that honeybees don't all freeze during the winter, so don't be such a buzz-off! Honeybees have a variety of useful tricks that allow them to stay warm during our cold winters.

First off, the worker bees prepare for winter by stockpiling up their favorite energy-rich food: honey! Secondly, during the winter the 10,000 worker bees will have a big packing party by forming a tight cluster around the queen to reduce the amount of heat lost to the outside world. Finally, if a little heat is lost, the worker bees will bring their colors back by becoming a big glowing orange funnel! They do this by vibrating their flight muscles to raise their body temperatures. When thousands of worker bees do this they can increase the temperature of their colony to +12°C when it is -30°C outside! Honeybees do this by shivering which heats up their inner body membranes on cold days. Come and learn more about honeybees at the Missouri Valley Center which has a bee exhibit for the month of February.

Send your questions to me at the address below. Then watch Bridges for the answers.



Editor:
Meewasin Valley Authority
and Third Avenue Animal
Rescue Services, Inc.
601 1/2 3rd Ave., Suite 100
605-237-HOME (4663)

The Saskatoon Symphony Orchestra presents

Feelin' Groovy - Starring Jim Witter, the 60's, and the music of Simon & Garfunkel

Saturday, February 21

Addison's Taproom



Tickets • 306.978.7799 • tix.ca/arts/cos

Voice
Saskatchewan's
Community Broadcasters

www.voice.sk.ca

FASHION

SASKATCHEWAN FASHION

An outerwear skirt to keep the winter chills away

By Jenn Sharp

Winter foisted everyone this year, sneaking up with balmy temps for most of December and January. It's been so nice (until February) that it was almost easy to forget about needing really warm clothes.

Poala Chiste knows all about staying warm in the coldest months. She dresses in layers for her 35-minute walk to work at the University of Saskatchewan, and says the key piece of her winter wardrobe is a wool skirt. So warm is the skirt that she bought one for her daughter, Lena Veeman, too.

The outerwear-fitted wool skirt is lined so it doesn't stick to pants. It's designed and manufactured in Saskatoon.

Designer Elisabeth Stack says lots of men have asked her to make something for them, and while she hasn't figured out what might work yet, one man has purchased a skirt to keep himself warm.

(Bottom) Elisabeth Stack
Twitter: @elisabethstack



What's your favourite winter look?
Send a note to bridges@thestarphoenix.com

TODAY'S OUTFITS

LENA VEEMAN (DAUGHTER)

- 1 HAT: Made by her grandma
- 2 JACKET: The Gap
- 3 MITTS: The Renfrew Stock Centre (made Broadway since 1940 in Sascozen)
- 4 WINTER SKIRT: Lisa from RainSport. "It has a Victoria waist. It's a wrap-style skirt so you can put it on easily and over top of your pants," says Chiste

PAOLA CHISTE (MOM)

- 1 HAIR: "The wool is from a farm outside of Alberda and was crocheted by my mom"
- 2 JACKET: Outer Limits
- 3 GLOVES: J. Crew
- 4 WINTER SKIRT: Lisa from RainSport. "I walk to work every day, and even though I have a really good parkie, I still notice a difference if I don't wear the skirt. It keeps me really warm; it's fashionable and easy to put on. I like that the long underwear — it's a pain to take off at work and if you leave it on, you're super hot. This looks nice too. It just complements all the time."
- 5 BOOTS: RainSport

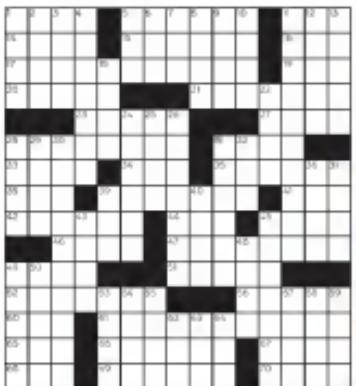


CROSSWORD

NEW YORK TIMES Edited by Will Shortz

ACROSS

1 Box office stub
5 Court sport
11 Lead to a low
14 Roll call no answer
15 Salvation Army
situation desperate
16 Deal with the fatefully
challenged
17 Iced-out juice drink
19 Happy time for short
20 count
21 Give rise to
23 "Astronaut" painter
27 Yields 100% as a return
28 At the limits, as a credit
31 Use on a first name
33 Record with the most 100% fan
platform album, "Rock"
34 World Cup winner
35 Hike birds
37 Fall-most night
occupying a software
39 Four presentations
41 Silent before cheer or
cheers
42 Infraorbital
43 American ___,
44 Capital of the continent
45 Liquid or its contents
are served
46 Bully boy
51 Brown portuguese _____
Bitter Cider
52 Propose (verb)
54 Name in which fetal
development is usually
41 concert assessment ?
55 Work art;
66 Followers of one
man and their mate
67 "I'm not in it," _____
68 Lunatic, lunachard
often
69 Local center
offering
70 Beverage



PUZZLE BY GALE DANNER

DOWN

1 Island named by both
An island and queen
of England
2 Wilson of "Stompy &
Huddy"
3 NY cultural institution
4 Heavy Swedish model
5 Course of college
6 Representatives
"Dad!"
7 Renewable state native
8 PM points
9 Boo-boo
10 Dodger - behaved
11 Set out road清爽的
12 Get out in kickster
13 "Yessss!"
14 One's pleasure

22 Site for online
collaboration
24 Review
25 Last step of _____.
_____.
26 Home electronics
item
28 Popular games
not bingo
29 Seen in bands
30 Surprising research
31 Gorilla's Arctic bay
32 Synonym for
"old school"
34 That's ring out
35 Radio station
development
38 Below ___
40 One's pleasure as an
activity?

64

JANRIO
CLASSIC
SUDOKU

Level: Silver

Fill in the blank cells
using numbers 1 to 9.
Each number can appear
only once in each
row, column and 3x3
block. Use logic and
process of elimination
to solve the puzzle.
We difficultly level
ranges from Bronze
(easiest) to Silver
to Gold (hardest).

			1	4				
7		5		8				
9	6		7		2			
	3	6	9	4	8			
7				2				
6	4		8	5	9			
9			2	5	6			
	1		3		7			
	8	5						

Sudoku is the
internationally-acclaimed
logic puzzle.
Sudoku rules:
Sudoku 2015



Here to Help

Marissa Wesołowski
Artist in Residence

Thank you, Marissa Wesołowski for encouraging patient and family healing through creative expression at St. Paul's Hospital. Art is a powerful way to foster emotional, social and psychological well-being and it is part of our holistic approach to care.

St. Paul's Hospital

A community of health,
hope
and compassion for all

Fostering the healing arts since 2005



EVENTS

What you need to know to plan your week.
Send events to bridges@thestarphoenix.com

FALL IN LOVE ALL OVER AGAIN...



MICHELLE,
OWNER

KOALA CUSTOM
SLIPCOVERS
306-249-3608
koalacustom.com



■ MUSIC

Music, Feb. 19

Big Dave McLean
Buds on Broadway,
817 Broadway Ave.

Deets Barnes-Jones
Keelgashun Trio
The Basement,
204 Fourth Ave. N.

Ash Grunwald w/ Pissi
Poet and the Hip Hop Hip-
pies and Randy Lynn Trio
Vagabond Tavern,
801 Broadway Ave.

Thanks, Feb. 19

Marie Head Freight Train
Gretchen Restaurant &
Lounge,
1-227 Pinehouse Dr.

Big Dave McLean
Buds on Broadway,
817 Broadway Ave.

Tom Cochrane w/ Red Rider
Preston's Park,
204 Sixth St. W.

Black Veil Brides w/
Metaphysic May Fine and
Ghost Tires
O'Briens Event Centre,
211 Second Ave. S.

Flawdina w/
The Northern Lights
Vagabond Tavern,
801 Broadway Ave.

Student Night:
Charly Hustle
Capitol Music Club,
344 First Ave. N.

The Residents
From 11 a.m.,
333 Second Ave. S.

John Anderson
Dakota Dunes Casino,
244 Dakota Dunes Way
Whitemud



Tori Cochran will play at Ranchland Park on Feb. 19

Fri., Feb. 18

Big Dave McLean
Buds on Broadway,
817 Broadway Ave.

Piano Friday:
Marion Mendelsohn
Blues Series: Vito's

Groover Head
The Basement,
204 Fourth Ave. N.

4-Front
Army & Navy Club,
359 First Ave. N.

3 Peck + One

It in Manitoba Trio
Manually Obsessed,
3030 Eighth St. E.

Toon Town Tavern,
3330 Fairlight Dr.

Lobo-Dohm
Parfitt Senior Citizens
Centre,
1031 Fairview Ct.

**BBQ Bread w/ The Wilder-
ness of Manitoba**
Amigos Cantina,
6520 10th St. E.

Good Enough w/ Sexy
Press cheer
Vagabond Tavern,
801 Broadway Ave.

Wicks Ridge County
Starr's Place,
108-112 Ruth St. E.

Predilect & The Assassins
Pizzini's Pub-and-Grill,
10221 McWayne Dr. N.

Three Beings (319)
Sun Tonics Cellar,
233 Second Ave. S.

Sat., Feb. 20

Big Dave McLean
Guds on Broadway,
817 Broadway Ave.

Plane Sitter/Singin' Manitoba
Brown
Jazz Steger Bar/Hop:
Jaclyn Smith w/
The Manitoba Doublets
Orchestra
The basement,
204 Fourth Ave. N.

4-Front
Army & Navy Club,
359 First Ave. N.

Lady Heade
Notable Legion,
3021 Louise St.

Phoenix
Greenwich Legion,
626 Speckle Cres. W.

One More Troubadour
Manually Obsessed,
3030 Eighth St. E.

EVENTS

O'Brien & The Verb present
693 House Party: Borgoses
w/ Milky Dubo, Tobby Tables
and Blitzen
O'Brien Event Centre,
361 Second Ave. S.

We Were Lovers w/
Condition One
Anjous Cantina,
6320 16th St. E.

Agony Scream w/
Insidious Chorus and Assistant
Obnoxiousness
Vandalia Tavern,
1011 Broadway Ave.

Classic Books Book
Single Handled (Slam Acler)
Mufti/Limited Church,
1023 18th St. W.

Black Rock County
Stair's Place,
106-10 Ruth St. E.

Freddie & The Assassins
Pizz's Pub and Grill,
1403 Hyndley Dr. N

Saints, Feb. 23

Accidentals Jawn
Big Drive Millions
Ends on Broadway,
817 Broadway Ave.



Brian P. Smith: Phoenician Lake for BAG. Courtesy of the Saskatoon Art Centre, in possession of the Saskatoon Art Centre.

Stars w/ Hay Rosetta
O'Brien Event Centre,
361 Second Ave. S.

Tales, Feb. 24

Dusty Roads Band
Body on Broadway,
417 Broadway Ave

ART

Mendel Art Gallery
Until March 22 at 950 Spadina Cres. E. New winter exhibits include *Borderland: Warships from Afghanistan*; *Deep Water* by Swiss artist Ursula Bernauer; *Concerning Certain Events*, recent works by Saskatchewana artists Terri Campbell and Kira Losseau; the *Border Crossings Studio Centre*, a mobile archive of the 24-year history of *Border Crossings* art magazine; and the *RBC Artists by Artists* menteeship program, featuring Monique Martin's mentorship with Carolyn Miller.

Dusty Roads Band
Ends on Broadway,
817 Broadway Ave

Metel Night (In Dub), A Sheet
In Drug and Metallurgic Vale
Capital Music Club,
364 First Ave. N.

Hordecore Sunday: New Je-
caine Club, Cities Stage, end
The Backrooms and The Temps
Rock Bottom,
830 Broadway Ave

Mon., Feb. 23

Terrie Tagaq:
My Name is the North
Broadway Theatre,
715 Broadway Ave

Dusty Roads Band
Ends on Broadway,
817 Broadway Ave

Affinity gallery
Until Feb. 21 at 813 Broadway
Ave. Our Prairie in Fibre &

collection of fibre art from women across Alberta, Saskatchewan and Manitoba.

Hours old and distract
Museum and Gallery
Until Feb. 21 at 601 Main St.,
in Humboldt. Land of Living
Skins, an oCIAAC arts on the
Move exhibit. *Rebel*: A Lo-
cal Perspective exhibit by the
Saskatoon Petties Guild, runs
until March 20.

Station Art Centre,
Northam
Until Feb. 28 at 101 Railway
Ave in Northam. *Repetition*,
Cornock of the Woods. Tiny
watercolours by G. A. Conly
and photographs by Ray Gar-
fin. Meet the Artists reception
Feb. 28, 2:30 p.m.

Ivye Gallery
Until March 20 at 817-1032
College or Feste Ground.
Photographs by John Heriot
reception Feb. 21, 2 p.m. to 4
p.m.

Humboldt Art
Until March 20 at the south
River of the Moosehouse In-
stitution. Modern bronze sculpture
and acrylic paintings by Adri-

an-Indian and contemporary
oil paintings of landscapes
and animals by Deven and Fre
Frauds. Reception Feb. 21, 1
p.m. to 4 p.m.

The Gallerie et Frances
Moose Jaw Central Library
Until Feb. 26 at 371 33rd St. E.
Half Story by the Local History
Department (SPL). A conversa-
tion in photographs of Saskat-
chewan's early barber shops and
beauty parlors.

Paved Arts
Until Feb. 26 at 101 Railway
Ave in Northam. *Re:Gard*.
Dig by Ed Jenner.

Haus Art Supply
Until Feb. 28 at 1818 Louise
Ave. American by Palz
Montana.

Art in the Centre
Until Feb. 28 at 101 Perkiomen
St. 100 Copper City Works
by the Southern Art Group.

STM gallery
Until Feb. 28 at St. Thomas
High College, 1337 College
Dr. Moosejaw to University of
Saskatchewan intermediate
Printmaking Students.

Linden Colony Collapse

Until Feb. 28 along the main
entrance from the Moosejaw
Valley Centre to the Mendel
Art Gallery. An installation in
the trees by Monique Martin
with support from Sask Term
measures.

Saskatoon City Hospital gallery on the Bridges

Until Feb. 28 on the sixth floor
of the Alvaro el. Saskatoon
City Hospital. Watercolor
Landscapes by Patricia L.
Clarke and contemporary
textured acrylic paintings by
Monique Martin. New Direc-
tions runs through February.
Recent acrylic paintings by
Michael J. Martin.

Private Star Gallery

Until March 1 at 104 Eighth St.
SLD by Michael Remando.

Derrill Bell Gallery

Until March 1 at 601-103 20th
St. E. New Works by gallery
artists includes John Barley,
David Bell, Victor Clermont,
Mike Courtemanche, Jon Fa-
herty, Jimi Hernaeus, Jeff Johnson
Ulfie, Zevi Lopin, Adrien
Stimson and David Thabrew.
Featuring a new selection
of textiles by Margaret Lindsay.

The Gallery Art Placement
Until March 5 at 228 Third
Ave. S. *5 Techniques* by Lynne
Graham. A recent series of
still-life drawings.

SGYA/P Art Gallery

Until March 6 at 228 Third
Ave. S. *5 Years Trauma to Em-
pathy* by Brenda Kalpene.

Handmade House Showcase
Until March 21 at 707 Broad-
way Ave. *Something's a Riot*,
a shared exhibition of work
produced by the working
members of Handmade
House.

Humboldt Art District

Museum and Gallery
Until March 27 at 601 Main St.,

in Humboldt. *Content, a Local
Perspective*, exhibit by the
Saskatoon Petties Guild.

Kaling Glass Art

Until March 31 on the eighth
floor of the Saskatoon Hotel.
Modern Indian sculptures
and acrylic paintings by Adri-
an Gallant and contemporary
oil paintings of landscapes
and animals by Sean and Fran
Innes.

Westown Development Museum

Through April 2015 at 2610
Leone Ave. Big Big Traveling
Exhibit in partnership with
the Royal Saskatchewan
Museum. A \$2 million year-old
crocodile skeleton brought
back to life through 3D Imag-
ing.

FAMILY

Play and Play

Tuesday, Wednesdays
and Thursday, 9:30 a.m. to
11:30 a.m. through April 21
for children up to age five. Semi-
structured plays, snacks,
story time, toys, aesthetics
email stayandplay@sask-
learning.com or visit the
Facebook page.

LLDC Saskatoon Daytime Series Meeting

The third Wednesday of the
month through April, 9:30
a.m., at Univeristy Anglican
Church, 609 Dufferin Ave.
All women interested in
breastfeeding are welcome.
Call 306-653-4405 or email
LLDCsaskatoon@gmail.com

Shows and Stories
We Sundays, 11 a.m.-4 p.m.
Stories in the Centre
choose one reader each
week. A baby-friendly environment
with lowered sound,
dimmed lighting, a changing
table and stroller parking in
select theatres.

EVENTS

Saskatoon Strong: Meets & Baby Fitness

Wednesday until April 6, 3 p.m. A mom and baby indoor exercise class. All fitness levels are welcome. Registration and information at saskattonstrongmeetsandbabylife.com or <https://www.facebook.com/SaskStrongMeets>.

Cats Climbing Play

Daily, 10 a.m. to 8 p.m., in Bay 4 of 615 5th Street Southwest, 20 W in Wanigan. Saskatoons newest indoor playground! For children as old as 12. Visit catsclimbingplay.com or their Facebook page.

Pan-Indoor Indoor Playground

Daily at 1642 Quicksilver Ave. A giant indoor playground for young children. Adults and children under one year are free. There is a separate fenced in area for children under two.

Children's Play Centre

Daily at Lunn's Heights Mall. A fun, safe, environment for preschool children to play. Please note this is an unsupervised play area, and adults must stay with and supervise children at all times.

Market Mall Children's Play Centre

Daily just off the food court at Market Mall. The play area is free and has different level slides. Children must wear socks in the play area.

Recreation Indoor Playgroups

Thursdays, 9:30 a.m. to 11:30 a.m., through May, at Emmanuel United Church, 1636 Avenue D. Parent-supervised playgroups for kids up to age five. A bouncy house and toys for kids, designed to last. play area, coffee for parents. Registration on annual information at saskattonifl.com or their Facebook page.

Babes in Arms Indoor Playgroups

Thursdays, 9:30 a.m. to 11:30 a.m., through May, at Emmanuel United Church, 1636 Avenue D. Parent-supervised playgroups for kids up to age five. A bouncy house and toys for kids, designed to last. play area, coffee for parents. Registration on annual information at saskattonifl.com or their Facebook page.

Pop-in & Play

Thursdays until May 21, 9 a.m. to 10:30 a.m., at Emmanuel Alliance Church, 330 11th Street South. For children and their parents. Monthly themes, learning centre, snacks and occasional speakers. Information at saskattonifl.com or <https://www.facebook.com/BabesinArms>.

Book Reading Café

Thursdays, 10 a.m. to 11:30 a.m., at Westbooks Primary. Hear creative read-alouds by a variety of authors. For children ages 3 to 6. Sessions will be followed by a short educational presentation, and time for interaction with the other mothers.

Meets For Mammals

Thursdays, 1 p.m., at Rainbow Connection in the Centre. An infant-friendly environment with reduced sound, vibrant tables, baby warming and outdoor parking.

Step 'n' Shell

Fridays, 9:30 a.m. to 10:30 a.m., meet in front of Custom Service at 111 The Mall at Lunn's Heights. Classes consist of power-walking, body sculpting, movement using exercise tubing, and a stretching for parents and babies. Preregister at naturerocksfitness.com. No classes on stat holidays.

Moms & Baby Yoga

Monday, 7:30 a.m. to 12:30 p.m., at Life At Home, 215 Third Ave. E. Classes taught by Miss邹邹. For mothers with babies up to six weeks. Tops and stretchies are required. Learn relaxation and meditation tools and explore breathwork. Classes are six weeks. Register at fromthebottomupwithinyoga@gmail.com.

Baby Talk at 5 p.m.

Fridays, 10:30 a.m. to 11:30 a.m., at Alice Tamashiro, Mondays, 10:30 a.m. to 12:30 p.m. at Alice Tamashiro, Tuesdays, 10:30 a.m. to 12:30 p.m. at Carolyn Wright, Thursdays, 10:30 a.m. to 11:30 a.m. at Carolyn Wright. Drop-in half-hour sing-and-rhyme sessions for babies.

Postnatal Yoga

Monday, 12 p.m. to 1 p.m., at Pregnancy and Parenting Health Centre, 244 Third Ave. S. Beginner to intermediate yoga designed to help with postpartum recovery. Baby friendly class with a soft mat zone. Teacher Shelly Salvatore for four weeks to two months postpartum. Register at saskattonifl.com or 306-972-4784.

Engineering for Kids Classes

Wednesday, 10 a.m. to 11:30 a.m., through June, at STEM enrichment. Learn the Engineering of Medieval Times and Pirates. Information at engineeringforkids.net/saskatoon.

February Break Activities

Until Feb. 26, 1 p.m. to 4 p.m., at Menwah Valley Centre, 403 Third Ave. S. Play and create with activities and crafts. A drop-in program for all ages.

Owl in the Family

Until Feb. 20 at Beaver Creek Conservation Centre, bring the family to learn about owls in this new, With winter nature walks, interactive centre activities, and owl-inspired crafts. Information at 306-336-2376.

Free Family Fun

Sunday, 2 p.m. to 4 p.m., at the Mendel Art Gallery, 950 Spadina Cres. E. If you're four to 12, accompanied by an adult, try making activities led by gallery artists. Supplies are provided. Call 306-251-5443 or email museum@mgallery.ca.

Playgroup

Tuesday, 10 a.m. to 11:30 a.m., at Grace Westminster United Church. Hosted by Prairie Hearts Learning Community, a group of families inspired by Waldorf philosophies. Preparation is almost done. From 18 months to three years old, from ages two to five, but all ages are welcome.

Preschool Story Time

Tuesday, 10:30 a.m. to 11:15 a.m., at Myrtle Roseman, 2201 McNaull Avenue, 2201 McNaull Avenue. For children ages 18 months to three years old. Call 306-955-1477.

Engineering for Kids

Children ages four to 14 can learn about technology and how engineering helps it develop. Classes, courses, parties and summer camps are available. Information at 306-972-4784.

Babysitter

Wednesday, 10:30 a.m. to 11:30 a.m., at CFC Wright, 100 1/2 10th Street South. Babysitter for four weeks to two months postpartum recovery. Baby friendly class with a soft mat zone. Teacher Shelly Salvatore for four weeks to two months postpartum. Register at saskattonifl.com or 306-972-4784.

Book Signing: Dream out loud

Feb. 19, 4 p.m. to 8:30 p.m., at Starbucks and Indigo on Eighth St. Hosted by Stephen's Backpage. Author Nene Moore shares her family's story of raising autism and other disabilities in the fight to end child poverty in Canada. Starbucks coffee will be served.

Petty Painting Project

Feb. 19, 6 p.m. at Wet Paint Pottery, 310 Eighth St. For ages 16 and up. The project is silkscreening plaster regular art. Call 306-375-3219.

SIFC Dances

Thursdays, 7 p.m., in rooms 13 at Alberth Community Centre, 101 Clive Avenue S. Saskatoon International Folklore Club. Learn dances from many countries around the world. First night is free. Visit sifc-saskatoon.com

SIBI Friends Remembrance

Feb. 20, 7:30 p.m., at Broadview Theatre. The Saskatoon Jazz Orchestra performs featuring Ross Ulmer, Berrie Headland, Jennifer Carlstedt, Dean McNeil, Jim Brown, Jon McCallum, and Greg Gubala. With the music of Frankenstein and Albany Allstars. Tickets at 306-692-8994, sibifriends.ca.

Husky Circle

Feb. 18, 7 p.m. to 7 p.m., at the Peacock Star Bakery building, 100 1/2 10th Street South. Information to Shelly at 306-972-4784. The Circle of Friends. A community hour will follow at 7 p.m. Admission is free. Information at 306-944-3331, sibifriends.ca.

Story Circle for Adults

Third Friday of the month, September to June, 7:30 p.m., at the Unikane Centre, 201 Second St. S. Bring a story or poem to listen. Potluck snacks are welcome. Admission is free and donations are accepted. Feb. 19 theme is "Telling at the Heartstrings" an exploration of love stories.

Canadian Light Source

(CLS) Public Tours

Monday, 12 p.m. at the Canadian Light Source, 44 Innovation Blvd. The synchrotron research facility is open for the public. Prior registration is required. Call 306-877-3844, email outreach@lightsource.ca or visit lightsource.ca/edu/canadian_lightsource_tours.php

Prenatal Yoga

Monday, 6 p.m. to 7 p.m., at Pregnancy and Parenting Health Centre, 403 Third Ave. S. Taught by a doula and certified prenatal instructor. Information and sign-up for any stage. Information: Call 306-251-5443 or email museum@mgallery.ca.

Summer Camps

Summer day camps are open to all ages. Camps include market hours, food service and specialty shops are open information at saskattonifl.com. Contact 306-384-5262, sibf@saskattonifl.com.

Rugby Remained

Wednesday, 10:30 a.m. to 11:30 a.m., at St. Paul's United Church, 454 Albert Ave. Clothing for babies, children, men and women, and Jewelry funds raised support the Lighthouse project.

Woolly Carpet Knitting

Wednesday, 7:15 p.m., at Mayfield United church. Beginners and experienced knitters are welcome. For information call 306-655-2151.

Engineering for Kids

Children ages four to 14 can learn about technology and how engineering helps it develop. Classes, courses, parties and summer camps are available. Information at 306-972-4784.

Carpet Bowl

Thursday, 12:30 p.m., at Nutana Legion Hall, 1021 Louise Ave. Hosted by the Nutana Senior Citizens Association. Lunch and coffee are available for a fee.

EVENTS

Golden Night of the Year Fundraising Walk

Feb. 21 at the Lighthouse, 237 39th St. A family-friendly winter fundraising event for Saskatoon's homeless, hungry and hurting. Walk begins and ends at the Lighthouse. With warm drinks at rest stops and a warm celebration meal at the end. Funds raised by walkers support the Lighthouse and the British Fellowship Centre. Information at 306-653-9965; canadianmcnichols.com/saskatoon.aspx.

The Music of Simon & Garfunkel

Feb. 21, 8 p.m., at TCU Place. The Saskatoon Symphony Orchestra's Pepe Series. Featuring guest artist Jim Winter with his tribute to the folk duo plus Paul Simon and Art Garfunkel. Tickets at 306-975-7799; [Ticketek.ca](http://ticketek.ca).

PRESTO! Pride Launch Party 2015

Feb. 21, 8 p.m., at Capital Music Club, 364 First Ave. A sneak peek at what you can expect at the Saskatoon Pride Festival this summer. Tickets at presto.sask.ca or at the door.

Prize Food Selah

Feb. 22, 11:30 a.m. to 3 p.m., at "The Local Coffee Bar," 167 Third Ave. S. A coffeehouse salon, an ongoing performing of people who share passion for ideas. The tapas is international wine and local food. Features: Desi Singh.

Tonight It's Poetry

Feb. 22, 7:30 p.m., at The Woods Art House, 102 Second Ave. N. Poetry Slam featuring Chazmire Gads.

Fine Arts Lecture Series: In Motion

Feb. 23, 10:30 a.m., in Quance Hall in the U of S Administration Building. Refreshments and a free admission performance or practice for the trumpet. With trumpet



Joshua Remmick as Chorus and Jacqueline Black as Mayrin Perophone in a production of *Mary's Wedding*. PHOTOS BY RICHARD MULCAHY

artistic director and performer Dr. Remmick. quebec-administration.ca

Perf Look Superher

Last Monday of each month at Nutana Legion, 3020 Louise Ave. Hosted by the Nutana Senior Citizens Association. Bring food for the potluck. Admission at the door.

Saskatoon Blue Festival

Feb. 23 to March 1 around Saskatoon. Open your eyes to the diversity and scope of the multi-faceted music genre known as the blues. Information at saskbluebluesociety.ca.

Off-Broadway "Power" Market, International Business, and Blister

Tuesday, 11 a.m. to 4 p.m., in the basement of Grace Westminster United Church, 505 10th St. S. Offering a variety of locally produced food, clothing and accessories from India, pet products, baking, and zero dishes. New vendors welcome. Call 306-654-2940 or email goldmark@shaw.ca.

2015 Gold Appell Lectureship in Literature and Fine Arts, 24, at the University of Saskatchewan. Finalizing presenter Tanya Tagaq. Two speakers and one lecture. Prices

Without Words Art As Activism, 1:30 p.m. at Neatby-Timlin Theatre in Arts The Long Read

The Keeper Using My Story with Leslie Grishnak, 7:30 p.m. In Convocation Hall open seating, no tickets required. Information www.usask.ca, 306-966-7893.

Tutor Magic 3D Scanning Parts

Feb. 26, 7 p.m. to 9 p.m., at sasksculptureworkshop.com. Grace-Westminster United Church, 503 10th St. E. Hosted by Saskatoon Performance Club. Easter dances for the first hour. Call 306-374-9343 or 306-382-0427.

Comedy Night

Feb. 26, 9 p.m., at Piggy's Pub and Grill, 1403 McWayne Dr. W. With Guy Reed.

Book Signing at McNally
Regular book signings at McNally Robinson, 3133 Eighth St. E. For schedule and information visit mcnallyrobinson.ca/events.

English for Employment Class

Hosted by the Saskatoon Open Door Centre. Improve language pronunciation and communication skills, and learn what you need to find work in Saskatoon. Information or registration at 306-250-4337, 306-653-4464, 306-250-4338, saskopendoors.ca, ajpmgk1000sask.ca.

THEATRE

The No-No's

Feb. 20, 9:30 p.m., at Le Rehearsal, 328 Fourth Ave. N. The improv comedy troupe performs.

Admission at the door.

Glenne Grimm

Until Feb. 22 at The Refinery, 659 Beaufort Ave. Three classic tales by the Brothers Grimm adapted with a spin by Wild Open Childrens' Theatre. The people of Grimm must help Rapunzel, Sleeping Beauty and Hansel and Gretel defeat the Wicked Witch of the东 and the door.

Mary's Wedding

Second and fourth Tuesday of the month through April, 7:30 p.m. to 9:30 p.m., at Grace-Westminster United Church, 503 10th St. E. Hosted by Saskatoon Performance Club. Easter dances for the first hour. Call 306-374-9343 or 306-382-0427.

Event listings are a weekly community service by Star reporter Colleen Gillings. Listings will be accepted three weeks in advance. Information in late entries before the deadline will not be published.

OUTSIDE THE LINES

Colouring contest



Each week, Phoenixe McKey creates a timely illustration meant to please kids of all ages.

Children can colour the page. Have a picture taken with the finished product and email it to bfred@phoenixnewspapers.com. One winner will be chosen each week. Please send entries by Monday at 9 a.m.



Last week's contest winner is
Gerson Kukem.
Thanks to everyone who
submitted entries!

For the **TOYS**
you've always wanted



Unique toys, party supplies,
and balloon designing in-store!

ORDER TOYS ONLINE AT GIGGLEFACTORY.CA
Come visit us at 150-1824 McCormick Drive
Or phone 306-575-9630



GARDENING

SEASONAL GARDEN

The hidden splendours of the winter garden

By Erl Svendsen

People seldom think of the winter landscape beyond the snow have frost, needles and cold. But there's much in the plant world to appreciate at this time of year. It was a friend of mine, Mac, who reminded me of this.

"We often buy plants for their summer leaf or flower appearance but that can only be appreciated over months of the year at most," she said.

She included a newspaper clipping from her local newspaper about how trees and shrubs bark adds a new dimension to your garden.

From my home on the West Coast I researched the evergreen alder trees (*Alnus menziesii*) with their semi-round, coppery peeling bark. On the Prairies, we have some showy species of our own, like the Amur chokeberry (*Aronia arbutifolia*). In early spring, it is covered in bright red, creamy white blossoms and in the fall, it attracts birds with its small black cherries. But throughout the year, it has bright coppery bark. Then there's the white birch (*Betula papyrifera*) with its white bark.

While most other trees have brown or grey bark, they all have interesting textures. The blossoms that form a diamond pattern, litter over the trunk, smooth silvery or grey bark, knots and deep grooves. A welcome addition, hard to find but freely tree, the Amur cork tree (*Gleditsia amurensis*) has soft, waxy ridged bark. Take a look at the surface of any mature tree and you may discover a colorful network of lichen and mosses.

Intertwining bark is not just limited to deciduous trees. As a child, I would make my way under the canopy of pines (*Pinus spp.*) and peer off the surface bark crevices to reveal the reddish brown of underneath bark. Jack and Santa pines (*P. lambiana* and *P. sylvestris*) are usually tan coloured and easily shed their bark chips.



There is much to appreciate in the silent world at this time of year like these winter flowers. (Photo: Photo Courtesy of Erl Svendsen)

Pine trees (*Abies spp.*) have smooth, aromatic bark that shuns through the foliage.

There are also many shrubs that lend their bark to the landscape appeal. Red osier dogwood (*Glycyrrhiza acuminata*; also Siberian dogwood, *C. alba*) has been selected for many features like leaf colour (yellow, variegated purple, etc.) and plant size. But it's the bark colour that gets red osier dogwood its name. One cultivar, 'Cardinal' (C. alba 'Cardinal'), has especially arresting, bright red bark streaks. Similarly, yellow twig dogwood (C. alba

'Flavescens' and C. sericea 'Lutea') has gleaming sunny yellow stems.

Tip: It's only the young growth that changes colour during late winter/early spring. So in the early spring, before bare root, either remove the oldest, faded branches (as more than a third each year) or every three years, cut the entire shrub down to 30 cm.

Other shrubs have rugged branches (fringed burning bush, *Kerria japonica*, silverleaf, shaggy bark honeysuckle, *Lonicera fragrantissima*), twisted physosperma (spindle) and twisted beeches (Harry Lauder's

walking stick, *Corylus avellana 'Contorta'* — borderline hardy).

Mac went on to say in her letter that she had a clipping "I'm sending in about the 'winter flowers' I used to grow at home when I was little." As she started more about plants she discovered they were only the dead remnants of fall blooming wildflowers — gathered, pressed and dried for mounting and walking sticks.

"All the memory is just in her mind."

These 'dead remnants' are more than any we might expect. They consist of the seeds for sowing next year, attract birds and other animals and add interest to a winter garden. Take a walk in your own garden and you'll discover many 'winter flowers' such as mulberries, black rose hips, red buds swaying over the snow from your arrowrooted grasses, dried hydrangea flower clusters and much, much more.

This column is provided in association with Scott's Garden Products (www.scotts.com/garden-products). Address comments to: Erl Svendsen, 666 Bedford St., Victoria, BC V8T 1G1. Check out his website at erlsvendsen.com for more information. © 2015 Personal Service (BC) Limited. Printed in Canada — Always better. The BCBuzz Column.

SHARP EATS

LOCAL FOOD SCENE

Regina Food Bank redistributes to all of Sask.

By Jenn Sharp

Thanks to the Regina Food Bank, excess produce from the Global Transportation Hub in that city is given to people all over the province.

The GTH, an inland port authority opened in 2010 and is home to several major grocery distributor warehouses and distribution centres.

The retailers there, such as Lo Maxx, Sysco, Road Service, Sherwood Corp, Canadian Tireway and Sobeys, offer huge surplus product. A partnership with the Regina Food Bank means those extras don't end up in the landfill.

It's been a positive thing for Steve Compion, the food bank's CEO.

Getting the produce earlier in its life cycle means fresher food for clients in Regina, along with the 36 other food banks in the province.

"The quality of those donations is much, much higher. It's a really nice benefit for us that we're able to provide a lot better higher-quality product to the people that come in to support," he says.

The other benefit has been the large amount of non-food products, such as health and beauty items, cleaning supplies and household items. Manufacturers discontinuations, overshipped or seasonal items contribute to retailers donating their food items.

Compion has noticed Mr. Compion bears a lot about the amount of fresh produce and the improvement in quality.

"We're very fortunate. Those donations are key for us because it allows us to pay higher for produce, to have higher-quality material things that may be packaged or processed. It's nice to see that re-investment in the community."

The food bank recently expanded their popular education program. The program supports over 20 agencies in Regina (sovereign's shelf



Regina Food Bank CEO Steve Compion in the warehouse, with a wealth of fresh produce and more. (PHOTO BY HEATHER TILLEY)

times), community schools, daycares, food programs and the network of provincial food banks.

"We're televeeping things before they become last and end up in the waste stream and we're also repurposing them to individuals and agencies that can use them in their programs."

Compion's goal is to enable those agencies to provide support in areas the food banks can't reach. People who use the food banks often aren't eligible to just take any area of life, housing, employment and social factors all play a role.

"We use the phrase 'we're more than the food' that's illness some times. There's other challenges times they may face."

The Regina Food Bank however in a central donation spot in the province for several years. Provincial stores, like Maple Leaf Foods

in Saskatoon, make large donations from time to time. It's logistically easier to donate to one location. There's ample storage in Regina's large warehouse, which was donated in 2005. The facility also distributes goods that come in from national donors.

A growing economy means many in Regina and Saskatoon are facing challenges finding affordable rental housing. The cost of living has increased and maximum wage isn't sufficient for many to make ends meet.

On an average month, the Regina Food Bank has 50,000 requests for service in Saskatoon, the food bank provides emergency food to 18,000 people.

In Regina, that number represents a 40 per cent increase over where the service was in 2005, a number that Compion says is "very

See a food trend you think deserves a highlight?
Email Bridges@thestarphoenix.com
or visit Bridges on Facebook

CRAFT BEER AND CHEESE FESTIVAL

WHAT: Saskatchewan's first craft beer, cheese, savoury spreads and tassies live music by Wish the Old and Althen Tea Party a fundraiser for Nicc Creek Music Festival
WHERE: Feb. 27 2016 from 7 p.m. to 11 p.m.

WHEN: Point Six Brewery 2000 Diefenbaker Ave.
TICKETS: \$32, plus tax, call 306-543-7000 or buy at Point Six Brewery

Dressed flowers +



high."

"The individuals that come here might surprise you," says Compion. A recent study found that 50 per cent were in rental housing. There's also been an increase in single-parent families and new Canadians.

"There's a lot of people coming through Saskatoon for new opportunities and opportunities in that adjustment there's some supports that I need to be offered."

A buoyant economy doesn't always translate into success.

"We'd talk to people that have had some disruption in their personal life, their home, sudden illness or loss of employment, and find themselves needing some support in financial as well."

www.saskfoodbank.ca
www.saskfoodbank.ca/sovereign



Point Six Brewery is hosting a Craft Beer and Cheese Festival. Photo by Michaela Rizzo

OSCAR-WORTHY SPREAD

10 simple tricks for an Academy-style event



This herbaceous dip is easy to prepare. (MATTEN MEAD/THE ASSOCIATED PRESS)

The problem with hosting an Oscar-viewing party is that the bar is set impossibly high. How does a mere mortal offer food and drink up with all that conspicuous glamour and celebrity?

Actually, it's pretty easy. Start by restraining yourself from making the same preposterous and pretentious preparations that celebs do; look it over all that differently than the rest of us. Or, at least we can tell ourselves that. Plus, setting out an Oscar-worthy spread isn't all that hard, particularly if you keep it simple.

Here's how to do it: Blend to the greater and grab a bunch of crusts — baguettes, focaccia, croissants, maybe a couple extra leaves of sourdough. Now head to the dairy aisle and get a few logs of soft goat cheese and a couple bags of rye chips. We've got five deliciously easy ideas for dressing those cheeses. All you have to do is assemble and set them out.

But make sure you follow the advice to let the cheese come to room temperature first. Most foods — and particularly cheeses — taste better closer to room temperature.

And since you'll need to toast the bread, we've also assembled five easy-to-set fireside snacks including wine and classic cocktails.

Fire the food

Just top a slab of bread or a log of soft goat cheese using one of the following five toppings; slice them with crackers, toasted baguettes, slices of pita chips or croutons.

SICILIAN GOAT CHEESE

Blend with 1 cup of ricotta or a few log of soft goat cheese (heaven's!); season the cheese on a platter and let it come to room temperature. Top with one of the following:

Basil: Shred the cheese with 3 tbsp. extra-virgin olive oil. Top with 1 tbsp. of your combination of the following chopped or fresh herbs — basil, tarragon, thyme, oregano or parsley. Sprinkle with coarse salt and freshly ground black pepper.

MOUTON

Mashed: Lightly muddle a slab of bread and 2 fresh mozzarella leaves in the bottom of a glass with 1/2 tsp. sugar. Add 1/2 tsp. lime juice, then top with sparkling water.

Croasted: Add an orange twist, 1/2 finely crushed red pepper and 1/2 oz. orange liqueur to a glass of sparkling water.

Basil-Crostini: Slice 1/2 log of goat/peach juice and 1/2 ounce pomegranate juice.

Whisked: Add 1 oz. Rhubarb Tequila liqueur and a couple dashes of rhubarb bitters to a glass of sparkling wine.

Blueberry-Basil: Mix together 1/2 log honey with 1 oz. basil until completely dissolved. Add 1/2 oz. Aperol and an orange twist. Top with sparkling wine.

—KAREN LAMONT, THE ASSOCIATED PRESS

WINE WORLD

COMO SUR BICICLETA PINOT NOIR

Grasp today with a glass of Bicicleta

By James Romanow

One of the comforts of old age is discovering that you will get through it. In your fifties and sixties you often think the world will end tonight, or tomorrow. After ten or twenty thousand days, you come to the conclusion the odds are on your side. The sun will rise, and winter will end.

As you wait, patiently for such events to occur, you may seek another source of happiness — the reliability of memory and treasured friends. If, for example, you aren't that fond of the things you once enjoyed, don't you still want to go back to the earlier ones again?

Behold the bargain label *Como Sur Bicicleta*. Some of the label is opaque, identified by the words on an off-white label. If the label is transparent, however, some of the grapes cannot be certified as such.

My conversations with winemakers have convinced me that the ones who use organic for parts of their lineup tend to be much prouder with the chemicals the rest of the time.

The *Como Sur Bicicleta Pinot Noir* is a perfect fit to the grape. It's visited in New World style, with lots of juice fermented in the barrel and the rest on stainless steel. This preserves the wine's fruitfulness and freshness.

It has an intense fruity nose — another by



product of the very gentle bottling — and that bright saffron pale color reminiscent of fresh grapes. In short, it's an easy drinking wine that will let you explore the pleasure of pinot noir without spending a small fortune on wines meant to age twenty years. Leave those till your palette is older, wiser and more experienced, and grasp today with a glass of *Bicicleta*.

Como Sur Bicicleta Pinot Noir \$12.99
More wine on Monday's *Strategies* series page on *Next*. For @mromanow

Crossword/Sudoku answers

BOMB	SQUASH	PREG
AWOLF	KETTLE	RUG
LEMONADE	EMIX	IPA
INANE	SPAWNED	
DEGAS	ICES	
MAXED	DOUT	BAKE
LIXUS	OLE	IBISES
LOX	IVDRUGS	SEA
FNRAGE	ELIM	IODL
AMOR	ONASTICK	
JUTE	SACHA	
CHINESE	ALCOA	
RUN	XTEEDSHIRTS	
ERG	POTATO	CARA
WAS	OPERAS	SWAP

3	8	5	2	1	4	7	9	6
7	1	2	5	6	9	8	4	3
4	9	6	3	7	8	1	5	2
1	5	3	6	9	2	4	7	8
8	7	9	4	3	1	6	2	5
6	2	4	7	8	5	9	3	1
9	3	8	1	2	7	5	6	4
5	6	1	9	4	3	2	8	7
2	4	7	8	5	6	3	1	9



EXCESS INVENTORY SALE

**This is THE Opportunity of 2015
for a new furnace installed for**

\$2499

We are helping
71 62 homeowners
 by "Giving Away" \$5,500
 furnaces for \$2,499 with
 purchase of off-Season Air



plus get a
FREE GIFT
 valued at **\$132**
just for having an appointment
 with one of our comfort advisors.

Every year, the manufacturers of air conditioners and furnaces forecast how many to build.

They are never right and often have additional inventory. Gregg's One Hour Heating and Air Conditioning negotiates with them for reduced pricing based on purchase by the truckload.

These are brand new models, NOT seconds or "blame" or standard "builder" models. They are factory-fresh, premium furnaces and air conditioners with a full factory warranty.*

If your furnace is over 10 years old, you can replace your old and inefficient furnace and/or conditioner as a package for less than you would pay any other time of the year.

Call 306-300-1300 today.

A home comfort advisor will come out and measure your home and determine your perfect system.

Ask us about financing and Rentals

Act now! There are only **71** 62 systems available!
 When they're gone, this offer ends!



503 51st Street East

Call us today
306-500-1300

www.greggs.ca

*Manufacturer or third party warranty coverage. All warranties require equipment to be maintained in accordance with the manufacturer's recommendations.
 Some limitations may apply. See store for full details. ©2013 Cawcaw Home Services Inc.

